



TAEKWONDO CURRICULUM

FORM/POOMSE JITAE

Requirement

Required For 4th Degree Black Belt

Interpretation / Explanation

The word "Jitae" means "a man standing on the ground with two feet looking over the sky".

A man on the earth represents the way of struggling from human life such as kicking, treading and jumping on the ground; therefore the poomsae symbolizes various aspects occurring in the course of human being's struggle for existence.